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PETER KELLY
Former mayor up for top non-elected job in Charlottetown, source says
metroNEWS

'I'll remember her smile'

Kristin Johnston, 32, is being remembered as 'a shining light.'

FACEBOOK



MEMORIAL

Silent meditation pays tribute to Kristin Johnston



Zane Woodford
Metro | Halifax

They sat in a circle. Legs crossed. Eyes closed.

And they silently remembered their friend and teacher, Kristin Johnston.

A few dozen people gathered Monday evening at RIO HFX Pilates and Yoga Studio on Charles Street in Halifax for a silent candlelit meditation to pay tribute to Johnston, the 32-year-old yoga teacher and business owner slain at her home in Purcells Cove Saturday morning.

"I think everybody's feeling a little emptier today," RIO HFX owner Connie McInnes said. "She was really just somebody that always wanted the best for her community and for her students ... always looking to create a space of good energy and of positivity."

McInnes had known Johnston for about a year as the two had worked together, sending clients back and forth between each other's businesses.

Johnston owned Bikram Yoga Halifax, which later changed its name to 42 Degrees before closing down last month.

"Her impact will be very strongly left on the yoga community," McInnes said.

McInnes cancelled the classes scheduled for her studio on Monday, and decided to put on the event in the evening as "a tribute, and to hold space for anybody who just needs the support of the community at this time."

"I think it's just about coming together as a community," said Karen Furneaux on Monday.

The Olympian kayaker and fellow business owner took classes from Johnston, but counted her as a good friend as well.

"It's so tragic and sad. It's a hard time for sure, but her spirit and her light lives on, and she's here," she said through tears.

"I'll remember her smile."

Another studio — Moksha Yoga — posted condolences on its Facebook page, saying it had worked with Johnston to make sure her students could continue their practice after her studio closed.

"There are no words to adequately describe our shock and sadness over the death of Kristin Johnston," Moksha's post reads. "Kristin was a shining light who fiercely believed in the benefits of yoga and just wanted to share that with others."

Investigation coverage, page 6



Family and friends at RIO HFX's studio on Monday. THE CANADIAN PRESS



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'It's a life that we live': Reverend

HUMAN RIGHTS

Demonstrators rally against racial profiling at Sobeys

Haley Ryan
Metro | Halifax

About 100 people gathered outside a Halifax-area Sobeys to "give voice" to the reality of racial profiling, and support a local woman who experienced discrimination at the store.

On Monday, Rev. Lennett Anderson of the Emmanuel Baptist Church spoke during the noon hour rally in front of a crowd at the Hammonds Plains Road Sobeys who were carrying slogans like "Sobeys Stop Discrimination." One woman held a framed image from Martin Luther King Jr.'s 'I Have a Dream' speech.

"We are here today to give voice to the reality that racism and racial profiling is a real issue in our society," Anderson said.

"Race is not a card that we play. It's a life that we live."

In October, a board of inquiry with Nova Scotia Human Rights Commission found Andrella David of Upper Hammonds Plains had been discriminated against based on her African Nova Scotian race and/or perception of income when an assistant manager at the Sobeys accused her of shoplifting multiple times in 2009, and said they had her on surveillance tape.



Protesters gather outside the Sobeys in Upper Tantallon on Monday. The group called on the grocery chain to apologize to a woman discriminated against while shopping at the store according to findings of the province's human rights commission. JEFF HARPER/METRO

"We are here today to give voice to the reality that racism and racial profiling is a real issue."

Rev. Lennett Anderson

According to the board's decision, David pointed out physical difference between herself and the woman on the tape, and told the manager, "If you think that's me, you must think all black people look alike."

The manager mentioned catching someone stealing at Sobeys "not too long ago from Pockwock Road" in reference to a street in the historically black Upper Tantallon community, and referenced "cheque day" when discuss-

ing which day of the week David was alleged to have shoplifted.

Sobeys is now appealing the board's decision because they don't feel David was racially profiled, and don't believe the human rights board took "into account all the evidence that we had to present," Sobeys spokeswoman Shauna Selig said after the protest.

Selig said the way the situation was handled "wasn't



Rev. Lennett Anderson speaks to the media outside the Sobeys in Upper Tantallon on Monday. JEFF HARPER/METRO

appropriate by our employee" but don't feel it was "racially motivated."

"It was just a matter of proper training, knowing how to handle sensitive situations," Selig said.

Anderson said they aren't taking issue with Sobeys appealing the decision, but asking the company to not re-victimize David by bringing her through the process again, and deal with the commission alone.

He added racial profiling is a retail issue and not specific to that Upper Tantallon location, and more rallies are planned for HRM stores in future.

Anderson said they are calling on Sobeys to apologize officially to David, but Selig said at this point they are

+ PUBLIC PLACES

Former lieutenant governor Mayann Francis says she's followed in stores "all the time," and attended the rally to help raise awareness of the impact racial profiling has on black residents. "It's very tiring to have to strategize before (going) into a store; how are you going to carry your bag, should you keep it closed? If I open it are they going to think that I just put something in it?" Francis said. "That is very stressful." METRO

only "going through the process with the Human Rights Commission."



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Peter Kelly is set to become the new chief administrative officer for the City of Charlottetown. METRO FILE

Charlottetown job for ex-mayor Kelly

PUBLIC OFFICE

Sources say appointment will be made on Tuesday

Former Halifax mayor Peter Kelly is getting the City of Charlottetown's top non-elected job, TC Media has learned.

Kelly will be appointed chief administrative officer (CAO) for Prince Edward Island's capital city during a special public meeting of city council on Tuesday at noon.

Deputy Mayor Mike Duffy confirmed Monday that council will meet at noon to deal with the CAO position but he would not comment on who the successful applicant is.

Duffy served on the initial hiring committee with councillors Melissa Hilton and Terry MacLeod. They short-listed a field of 57 applicants provided by Island Recruiting.

"The successful candidate has been chosen," Duffy said.

"It requires a resolution of council to appoint the person and that's what we'll be doing (Tuesday) at dinner time. I can't name the person, of course."

However, TC Media has been told by more than one source that the successful applicant is Kelly.

The new CAO will replace interim CAO Donna Waddell, who stepped into the role after Roy Main retired in November.

Kelly will earn a salary between \$115,000 and \$127,000 as Charlottetown's CAO. He'll likely start sometime in late April.

The 57 applications for the job were whittled down to a list of 15. That list was reduced to five applicants and of the five, four chose to be interviewed for the job.

Each of the four applicants participated in a 90-minute, face-to-face interview in Charlottetown. City council met with the final two successful applicants.

Kelly served as mayor of Halifax from 2000-12. According to media reports, he had

CHARLOTTETOWN CONNECTION

Peter Kelly is no stranger to the City of Charlottetown. In July 2015, council voted to accept pay increases of 12 to 22 per cent based on a report prepared by the former Halifax mayor.

Kelly says in the report that he met face to face with the councillors to ask them how much time they committed to the job.

"An extensive review of the compensation for council has not taken place in Charlottetown in the last four years," Kelly says in the report, adding that it was time to bring compensation in Charlottetown in line with other municipalities across the country of similar size.

TC MEDIA

been working as CAO in Westlock, Alta., but chose to come back east after his contract in Westlock expired in February.

In November, he told CBC News that he wanted to use the skills he learned as CAO of the central Alberta town in whatever he does next.

A spokesman for Westlock County praised Kelly's work as CAO, telling the media: "It's a tremendous loss for us and our citizens."

Kelly had been embroiled in a couple of controversies

in Halifax. There was criticism over a \$400,000 loan of public money for a concert in 2010, which was not approved by council or reviewed by the city's legal department.

Kelly also faced heat for his performance as the executor of the will of a 91-year-old woman.

He was one of 18 heirs to the estate of about half a million dollars.

It took eight years for the estate to be resolved.

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Getting all misty about Misty Moon

MUSIC HISTORY

Staff of iconic bar planning fun reunion



Haley Ryan
Metro | Halifax

Ron Bone last saw his Misty Moon shirt on a member of the Doobie Brothers.

Bone, a long-time doorman and bartender at the legendary Misty Moon bar in Halifax, and bartender Gay Kennedy, sat reminiscing about the musicians and regulars they knew over the years.

They recalled things like when Michael McDonald and the Doobie Brothers hopped on stage the night the Gottingen Street location closed.

"It said, 'I drank the old Moon dry.' I gave my shirt to Mike McDonald, he wore it the next night at the Metro Centre," Bone said with a smile Monday afternoon at Jenny's Place. "It was

pretty cool. I doubt if he's still got it. I should call him and ask."

Bone and Kennedy are getting the Misty Moon family of staff, bands and crews back together in August with a reunion featuring the Sounds of Motown. They're expecting about 350 people, some coming from as far as Calgary.

The Misty Moon opened in 1969 at 2215 Gottingen St., then moved to Kempt Road and finally to Barrington Street, where the Discovery Centre is now.

Kennedy said the name changed in 1991 to New Misty Moon and eventually The Roxbury, and it was the end of an era when the doors closed in 1995.

The reunion idea struck when Bone and Kennedy realized they were only catching up with old friends at funerals.

After a catchup brunch with about 20 people, Bone said they decided to make things a little bigger.

Stories like Mike McDonald carrying local artist Pam Marsh's piano on stage so they could all play, or regular patrons introdu-

cing visiting family members to "rock star" bartenders like Kennedy, or playing baseball with Three Dog Night, will likely come up, Bone said. "The Misty Moon in Halifax and basically across Canada would be like Studio 54 in New York," he said.

Door staff worked security for Van Halen, and Bone said David Lee Roth was "a little strange" when it came to shopping. Roth was wearing bright pink running pants and planned to go incognito to Scotia Square.

"No one will know it's me," Bone recalled Roth saying.

The bar was special not only for the level of talent that played there, but the way Halifax artists could play alongside huge names or get noticed by record agents.

"These were people who were all into music, and it was the best music," Kennedy said.

"There's nothing you can compare it with now."

The reunion is Aug. 6 at the Mic Mac Aquatic Club, from 8 p.m. to 2 a.m. Tickets \$20 each. Email mistymoonreunion2016@gmail.com for details.



Above: Former Misty Moon staffers Ron Bone and Gay Kennedy are helping organize a reunion
Below: A photo of the old Misty Moon. CONTRIBUTED

Big names

Some of the stars who played at the bar:

Blue Oyster Cult • The Band • Joe Cocker • The Doobie Brothers • Bonnie Raitt • Bryan Adams • k.d. lang • Greg Allman • The Mamas and the Papas • Huey Lewis And The News



KILLING

Police finish evidence sweep



Zane Woodford
Metro | Halifax

Police have finished collecting evidence at the scene of Kristin Johnston's killing.

A release from Halifax police Monday said they'd cleared the scene on Oceanview Drive by about 2:30 p.m. The investigation is ongoing.

Police were originally called to Johnston's home at 17 Oceanview Dr. at 7:45 a.m.

Saturday, and found Johnston's body inside. Police said there were two men present at the time, both of whom lived in Johnston's home.

A room in the home is advertised on the housing rental site Airbnb.

Police arrested one of the men in relation to the homicide. He had to be brought to hospital for immediate treatment of what police are calling significant, but non-life-threatening, injuries.

He was released from cus-

tody "pending treatment of his injuries," and remained in hospital. Police said Sunday the man remains a person of interest, but couldn't confirm whether he'd be arrested when his condition improved.

"We can't say for sure, but certainly our investigation will progress, and we do hope to speak to him, as he is a person of interest," Halifax Regional Police spokesperson Theresa Rath said Sunday. "We're not looking for anybody else in this file."



A Halifax police car parked in front of Kristin Johnston's home on Sunday. JEFF HARPER/METRO



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An inexpensive election

POLITICS

Cape Breton MPs spent only one-third of campaign max

Cape Breton's two MPs had the best return for their dollars spent in the Liberal sweep of Nova Scotia during October's federal election.

Financial statements show both Sydney-Victoria MP Mark Eyking and Cape Breton-Canso MP Rodger Cuzner had among the lowest campaign expense totals subject to the limit allowed under federal election laws.

The Canada Elections Act imposes a limit on election expenses to make it a more level playing field among candidates.

In both cases, the longtime MPs spent one-third or less of the maximum amount allowed and ended up taking about three-quarters of the vote in their respective ridings.

Cuzner's campaign had a total of \$75,757.18 in expenses. The amount subject to the expense limit of \$205,381.80



Cape Breton-Canso MP Rodger Cuzner, left, and Sydney-Victoria MP Mark Eyking got bang for their buck in the October election; they had some of the lowest campaign expenses. TC MEDIA FILE

was \$69,357.97 — fourth lowest among Liberal candidates in the province.

Cuzner contributed \$2,299.21 of his own money to the campaign.

Eyking spent even less — a total of \$69,512.72. Of that amount, \$57,441.99 was subject

to the campaign expenses limit of \$195,473.50 in his riding.

He spent \$2,417.42 of his own money on his re-election bid, and had another \$9,653.31 in other expenses, which included \$5,580 to the Sydney-Victoria Liberal riding association.

The Canada Elections Act pro-

vides for a partial reimbursement of paid election expenses and paid candidate's personal expenses if the candidate was elected or received at least 10 per cent of the vote.

On the revenue side, the Cape Breton Liberal MPs outdistanced their nearest rivals by collecting

+ WIN WITH LESS

Of Nova Scotia Liberals, only House of Commons Speaker Geoff Regan spent less in election expenses as a proportion of the expense limit at 25.8 per cent.

The financial statements of three successful Liberal candidates have yet to appear in the Elections Canada database — Colin Fraser in West Nova, Sean Fraser in Central Nova and Bernadette Jordan in South Shore-St. Margaret's.

campaign contributions from party stalwarts, businesspeople and loyal constituents.

Eyking collected \$20,350.00 in donations compared to his closest rival, NDP candidate Monika Dutt, who had registered contributions of \$9,130.

In Cape Breton-Canso, Cuzner recorded \$28,070 in contributions compared to Conservative candidate Adam Rodgers, who had donations in the amount of \$4,475.

TC MEDIA/CAPE BRETON POST

CHAMBER OF COMMERCE

Minister to talk budget in Halifax

Nova Scotia's finance minister will be delivering his first pre-budget speech to the Halifax Chamber of Commerce on Wednesday at the Westin Hotel.

The speech by Randy DeLorey will be delivered around 1 p.m., and according to a release from the chamber, will address concerns pertaining the soon-to-be-released budget and the province's overall economic performance.

"Nova Scotia has made progress on many important issues this year, particularly on the immigration file, but we must continue to examine the best practices that create a climate for business growth in our community," Nancy Conrad, senior vice president and policy at the Halifax Chamber of Commerce, said in a statement.

The chamber is calling on the government to produce a balanced budget for 2016 and to lower the tax burden. METRO

THERE'S NO PLACE
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Adaptive CrossFit athlete Lindsay Hilton works out at CrossFit OnSide in Halifax earlier this month. ZANE WOODFORD/METRO

Half-limb workout tape an inspiration

HEALTH

People across world follow N.S. athlete's lead into gym

A rugby player without full limbs has become an inspiration to others across the country due to a viral video depicting her doing crossfit workouts with multiple pullups and lunging across a gym floor with a 16-kilogram weight.

Lindsay Hilton allowed the CrossFit OnSide gym in Halifax to put the video on Facebook on March 9, and within a few hours it had six million viewers.

The video shows the 30-year-old rugby player and coach striding across the gym with a bar on her shoulders, throwing her body to the ground for a series of burpees, and using homemade prosthetics with hooks to pound out a series of pullups.

Hilton was born with one arm ending before the elbow

I like the fact that it's out there so that other people who don't think they can do exercise can see that they can. Lindsay Hilton

and the other just after the elbow and with both legs ending before the knees.

Her video was shot originally as a way to critique her crossfit techniques, but Hilton has been surprised by how it is inspiring amputees and people who use prosthetics to head to gymnasiums worldwide.

"The best reaction I've gotten is that a few people I know that are missing limbs have contacted me and said, 'This is really neat that you can do this; can you give me some more information?'" the 30-year-old said during a telephone interview.

Blaike Holding, a 27-year-old office administrator from Abbotsford, B.C., whose limbs were amputated at the age of five, says the video has motivated her to head to a fitness centre.

"I've always avoided going to

the gym because ... I've never had anyone else know how to help me out. So I've avoided it.

"Seeing her do the crossfit and some of her yoga videos have made me realize there are things I can do."

Holding said strengthening exercises can be particularly helpful to amputees, as they have to use far more energy than a person with full limbs to walk or run. She also said improving muscle tone and keeping weight under control helps with overall health and mobility and can avoid having to acquire new prosthetics due to weight gain.

However, she will need to adapt the workout to her own body and limbs.

"I know my boundaries and limits.... Some younger amputees should get checked (by a doctor) a bit first," she said.

THE CANADIAN PRESS

DEFENCE

Military to take flight in 5-day search-and-rescue exercise

The Department of National Defence says a search-and-rescue exercise will be taking place throughout the Maritimes starting Tuesday.

Defence officials say a Cormorant helicopter and a Hercules aircraft will be seen flying throughout the Maritimes as

part of the five-day exercise to test a search-and-rescue unit's ability to operate from a remote location.

The exercise will involve simulated rescue scenarios including boat operations during day and night, with flares and live parachute drops inland.

Fourteen Wing Greenwood will set up a temporary headquarters at the Summerside, P.E.I., airport. Officials say residents in Charlottetown may also be affected as well as people in Miramichi, Halifax and Cape Breton.

THE CANADIAN PRESS

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FIRST AID

Ten-year-old saves sister from choking

Heroes don't often think of themselves as such, a local first aid instructor said about the efforts of a young boy who recently saved his sister's life.

Garrett Williams didn't have much to say when asked about what happened during a ride home from school last week when the 10-year-old quickly, and calmly, sprang into action as his sister started choking on, of all things, a Lifesaver.

"Adults appreciate more what he did than he does himself," said Glenna Oldford, an educational assistant at Frank H. MacDonald Elementary who taught Garrett during an after school St. John Ambulance course.

Garrett's grandparents had picked him and his sisters up last Wednesday while his mother Carla was still at work. During the drive, six-year-old Shanna started to choke on the candy. Her grandparents expected her to be able to cough it up, Carla said, but realized she couldn't when her lips started turning blue and she stopped making noise.

Not knowing what to do, her grandfather stopped the car and began pressing on the front of her chest.

"I was watching my grandfather do it wrong," Garrett said. "I jumped over the car seats and I did the Heimlich. And then we left."

Garrett said his grandparents were scared, but he wasn't.

Oldford said Garrett told her,

"I said to my poppa, 'I know what to do.' I lifted her up once and out it popped."

The course — called We Can Help — is offered to students in Grades 3 to 5 at the elementary school and teaches introductory first aid and safety awareness. They go over things like recognizing when someone isn't breathing or is injured and what to do — from what to tell a 911 operator to the Heimlich. Garrett took it two years ago.

"I teared up," Oldford said about her reaction when she heard Garrett's story. "What

I'm doing is making a difference. I don't always know that it's making a difference."

She said the afternoon this happened, coincidentally, she had just sent

home notices with students that the course is being offered again in April.

While students have told her in the past that they knew they had to seek help or knew to apply pressure when someone was bleeding, this is the first time since she started teaching the course more than 10 years ago that it helped save a life.

Carla said she thinks it's important for families to know that there's a course like this that their children can take.

It had been Garrett's idea to sign up, Carla said, noting that his dad is active in the fire department and she's a registered nurse.

AMANDA JESS/TC MEDIA

"I jumped over the car seats and I did the Heimlich. And then we left."

Garrett Williams

A wax figure of the actress Carrie Fisher as the Star Wars character Leia Organa is displayed at Madame Tussauds in Berlin, Germany.

CLEMENS BILAN/GETTY IMAGES



Is the force with you?

MOVIE

Star Wars fan filmmaker recruiting volunteers

Brenlee Brothers
For Metro | Halifax

Independent filmmaker David Connellan is looking for vol-

unteers to cast in his Halifax-made Star Wars fan film that will be submitted in the 2016 Official Star Wars Fan Film Awards on May 22.

The casting will take place this Saturday, April 2, at the North and Windsor Sobeys Community Room.

"We're in the process of casting it right now," Connellan said Monday.

The film is focused around Princess Leia and Hans Solo. It will also have voice-over actors for Admiral Ackbar, Darth Vader and Jaba the Hutt.

It all has to be volunteer; people can either donate their time, or their effort, Connellan said.

"Getting a bit more profile before we go further down the

+ CASTING CALL

Casting call will run from 2 p.m. to 6 p.m. at the Sobeys Community Room on Windsor Street in Halifax.

road with this project is going to be a big help."

"There's no official funding for a project like this," he said. "So it's coming out of my paycheck."

The five-minute drama picks up after the battle of Endor, which takes place at the end of Return of The Jedi — the last movie in the original Star Wars trilogy.

"We can have an emotional

arch in a very short period of time," he said.

The story is based around Princess Leia and her emotional distress of being a leader during the time of a civil war, Connellan said.

From one room on the Starship to another, there will be visual clues to trigger the feelings that come along with the things she's had to go through during the war, touching on PTSD and the stress of leadership.

"It's going to be a visual expression of what she's thinking about," he said.

The three month deadline including filming and editing will end May 22.

"So it's gotta be a quick turnaround on this one."

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RCMP



Chase Martens
THE CANADIAN PRESS

Manitoba boy who disappeared drowned, autopsy shows

RCMP say an autopsy has confirmed that a Manitoba boy whose body was found in a creek Saturday drowned. Chase Martens walked away from his family home near Austin last Tuesday, prompting an extensive search. The two-year-old's parents and other family members took part in a vigil Sunday evening.

THE CANADIAN PRESS

TORONTO

Ford Nation says goodbye to ex-mayor

They have lined up before — for a “Ford Nation” T-shirt or a bobblehead, for a quick cellphone picture, or to shake the hand of Toronto’s most infamous mayor.

On Monday, Rob Ford’s most dedicated supporters, nearly 300 by lunchtime alone, lined up at city hall to say goodbye — a few words, a blown kiss, a hand on the casket draped in Toronto’s official flag.

A man who endeared himself to those who cared little for politics or politicians, Ford is being remembered by his boosters for the personal problems he fixed and the calls he returned.

“He was definitely a people person in every way ... I think he was in politics to help the people, the little man that needs help,” said Hyacinthe Huron, 65.

Huron, wearing the T-shirt she kept from the Ford family’s annual “Ford Fest” barbecue, was one of the early mourners to stand outside in line behind metal barricades.

“I loved Rob Ford. I think he was a good man and we’ve lost a very good leader,” she said. “He could have become prime minister of Canada, but cancer



Mourners kneel by the casket of Rob Ford as it lies in repose at Toronto City Hall on Monday.
TORSTAR NEWS SERVICE

said no.”

As the rain came down in the square named for another mayor, Nathan Phillips, on Monday morning a black hearse pulled up to the front doors of city hall, followed by limousines carrying Ford’s extended family.

Ford’s youngest child, Dougie and daughter Stephanie watched with their mother, Ford’s wife Renata, from under an umbrella as members of the Toronto police chief’s ceremonial unit lifted the casket and carried it inside under “Rob Ford Councillor” signs that were quietly returned to the Ward 2 (Etobicoke North) office windows last week.

TORSTAR NEWS SERVICE

Refugees healthy, challenges remain

RESETTLEMENT

Study notes it will take time for conditions to present

The vast majority of the 26,000 Syrian refugees who arrived in Canada by the end of last month showed up healthy, newly published government data suggests.

But while the study by Public Health Agency of Canada staff said the newcomers posed no risk to public health, it noted it will take time for chronic medical and mental-health conditions to present.

The Immigration Department has published data on some of the newly arrived Syrians, but the public health study is the first comprehensive look at the entire group.

All applicants had medical exams as part of the program, though how many were rejected for medical reasons is unknown. The review found of those accepted, two had potential cases of non-infectious tuberculosis.

None tested positive for syphilis or HIV.

Ten were sent to hospital upon arrival for possible communicable diseases, though none ended up a concern to public health. Another 54 were hospitalized upon arrival for other urgent reasons.

“Large-scale refugee movements place pressure on health-care systems, both in their immediate response and as part of long-term resettlement efforts,” the study, published this month in the Canadian Communicable Disease Report, concluded.

The study observed refugees tend to under-report chronic



1 Toothache patient Saly Samadi waits to be treated during a visit to a clinic run out of the Toronto Plaza hotel, where 500 government-assisted Syrian refugees are staying.

2 Nurse practitioner Ghazala Hussain and Dr. Alexa Caturay check Saly. TORSTAR NEWS SERVICE

health conditions for fear of being rejected and estimated about five per cent of the arriving Syrians have some kind ongoing health-care need.

Mental-health issues will also take time to surface, the report said.

It also found a number of children arrived with illnesses including cancers, seizures and developmental disorders. Malnutrition and children with intellectual disabilities were also observed.

The incidence of those appears to be higher than in the general Canadian population, said Dr. Anna Banerji, the pediatrician who screened Syrian children as they landed in Toronto.

+ DENTAL CARE

The report noted the most immediate need upon arrival was catching up on immunizations and dental care. In Toronto, more than 500 dental emergencies were addressed.

In her day-to-day work with refugees, Banerji usually has time for a detailed physical exam, blood work, vaccinations and parasite checks.

With the Syrians, she was just putting out fires because of the volume of arrivals.

THE CANADIAN PRESS

MEDICAL

Things to know about refugees’ health care

The latest Canadian Communicable Disease Report examined the health of the 26,166 Syrian refugees who arrived between Nov. 4, 2015 and Feb. 29, 2016. Here are five things to know:

- 1 All Syrians were screened before they were accepted to come to Canada. While all would-be immigrants, including refugees, must have a medical exam, the Syrians were examined on the same day as their interviews and security checks were done, in order to speed up the process.
- 2 None of those accepted

arrived with illnesses considered a serious danger to public health. About a third of the children who arrived in Toronto had common viral illnesses. There was also a flu outbreak among 450 Syrians who arrived in Edmonton in late January.

3 There were some surprises. While the UN had told Canada that the Syrians could have high medical needs, those needs weren’t specified. It has since emerged that some children arrived with conditions ranging from seizures to cancers. Some were malnourished and others had intellectual

disabilities.

4 There are still big question marks around long-term needs. The study notes that many refugees don’t report chronic conditions for fear they won’t be accepted. It estimates five per cent may have chronic conditions that will reveal themselves over time.

5 Health-care costs were covered immediately upon arrival. Syrians were Canadian permanent residents when they landed, so coverage under the Interim Federal Health Program didn’t apply to those who came as government-assisted refugees. THE CANADIAN PRESS

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JAMAAT-UL-AHRAR

Pakistan PM vows militant defeat

In an emotional televised address, Prime Minister Nawaz Sharif vowed Monday to hunt down and defeat the militants who have been carrying out attacks like the Easter bombing that targeted Christians and killed 72 people.

"We will not allow them to play with the lives of the people of Pakistan," Sharif said.

As the country began three days of mourning after Sunday's suicide bombing in the eastern city of Lahore, Sharif said the army would forge ahead with a military operation on extremist hideouts. Jamaat-ul-Ahrar, a breakaway Taliban faction that supports Daesh, claimed responsibility and said it specifically targeted Christians. But most of those killed were Muslims who also had been in the popular park



Pakistani civil society members sing the national anthem at the site of a suicide blast in Lahore on March 28. AFP/GETTY IMAGES

for the holiday. Many women and children were among the victims, and dozens of families held funerals Monday. At least 300 people were wounded.

Pakistan has suffered a series of attacks in recent months, and Sharif said militants are hitting "soft targets" like playgrounds

and schools because military and police operations are putting pressure on their operations.

The attack underscored both the militants' ability to stage large-scale attacks despite a government offensive and the precarious position of Pakistan's Christians. THE ASSOCIATED PRESS

TENSIONS HIGH

Death toll up in Brussels attacks

As the number of victims in the Brussels suicide attacks rose to 35, Belgian police released a video of a mysterious man in a dark hat seen in the company of the bombers who attacked Brussels Airport, indicating that he is still at large.

"Police are seeking to identify this man," the Belgian Federal Police's website said Monday.

The video's release came as a Belgian magistrate also ruled that a man identified as Faycal C., who was arrested during the police raids that followed the March 22 attacks, could be released.

Faycal C. was among those taken into custody and facing preliminary terror charges. Belgian media reported the man was the mysterious suspect in



Belgium's Federal Police are seeking to identify this man suspected of being involved in the attacks. BELGIAN FEDERAL POLICE/THE ASSOCIATED PRESS

the white jacket and dark hat spotted with the two bombers at the airport the morning of the attacks. But the Belgian magistrate ruled that new evidence uncovered by investigators revealed there were no grounds

to keep Faycal C. in custody and he was released, the Belgian Federal Prosecutor's Office said.

The Belgian Federal Police's website posted a 32-second video of the still-unidentified suspect as he wheels baggage through the terminal alongside the bombers.

Tensions remain high in the city, particularly in the Brussels suburb of Molenbeek, where several of those involved in both the attacks on Brussels and those in Paris last November, hailed from. Belgian authorities also announced that three more people swept up in police raids that followed the attacks on the airport and on a Brussels subway train were being held on charges of participating in terrorist activities. THE ASSOCIATED PRESS



A police officer stands guard at the U.S. Capitol complex in Washington, D.C. on March 28, 2016 after reports of shots fired emerged. AFP/GETTY IMAGES

U.S. Capitol on alert after shots fired

SHOOTING

Authorities say this was a 'criminal act'

Capitol Police shot a man on Monday after he pulled a weapon at a U.S. Capitol checkpoint. The suspect was taken to a local hospital and a female bystander sustained non-life-threatening injuries.

The U.S. Capitol was on lockdown for about an hour and the White House also was briefly locked down. The suspect was known to officers, Capitol Chief of Police Matthew R. Verderosa told reporters. However, he would not confirm reports that it was the same man who disrupted the House chamber last fall by shouting.

That man, Larry Dawson, was issued a "stay away order" by D.C. Superior Court in October, ordering him to keep away from

the Capitol grounds, court documents show.

"We do believe this is an act of a single person who has frequented the Capitol grounds before and there is no reason to believe that this is anything more than a criminal act," Verderosa said. Initial reports said a police officer was injured but they proved erroneous.

Capitol office buildings and the Capitol itself were re-opened for business about an hour after the initial reports of gunfire. The Visitors Center where the shooting occurred remained closed.

Police, some carrying long guns, cordoned off the streets immediately around the building, which were thick with tourists.

Cathryn Leff of Temecula, California, in town to lobby with the California Association of Marriage and Family Therapists, said she was going through security at the main entrance to the Capitol Visitors Center when police told people to leave immediately.



I felt like I was in a movie. It didn't feel real at all.

Cathryn Leff

Outside, on the plaza just to the east of the Capitol, other officers told those there to "get down behind this wall," she said. "I heard what sounded like two shots off to my left." After a while, police told her and others to keep running.

Amanda Smith of Columbus, Ohio, said she and her family were touring the Capitol and were in the Senate visitors' gallery when she heard police officers' radios start talking about shots being fired.

"Sure, we were worried," she said. "But there were lots of kids around so we didn't make too big a deal of it."

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MIGRANT CRISIS

Greece fighting false rumours

The Greek government said Monday it will set up loudspeakers at the country's border with Macedonia to try and persuade thousands of refugees and migrants to ignore false rumours that the Balkan route to central Europe will reopen.

More than 15,000 people are refusing to move to government-built shelters around the country, and remain at the border with Macedonia and at the port of Piraeus, near Athens.

A spokesman for a government refugee crisis committee said authorities were struggling to counter false rumours on

social media that borders could reopen.

"We are sending a team of translators (to the border) and loudspeakers will be set up to make public announcements," he said.

Macedonia's parliament, meanwhile, voted Monday to extend the state of emergency in regions bordering Greece and Serbia till the end of the year because of the ongoing migrant crisis. The vote allows continued deployment of the army along the border with Greece to patrol a recently built fence that lines the frontier. THE ASSOCIATED PRESS

+ DEAL IN PLACE

Greece is struggling to implement an agreement between the European Union and Turkey that would see refugees and migrants sent back to Turkey from Greek islands.

However, the deal requires the deployment of hundreds of European migration officers and others for the deal to work. THE ASSOCIATED PRESS

Castro slams Obama in letter

HISTORIC TRIP

'We don't need the empire to give us any presents'

Fidel Castro responded Monday to President Barack Obama's historic trip to Cuba with a long, bristling letter recounting the history of U.S. aggression against Cuba, writing that "we don't need the empire to give us any presents."

The 1,500-word letter in state media titled "Brother Obama" was Castro's first response to the president's three-day visit last week, in which the American president said he had come to bury the two countries' history of Cold War hostility. Obama did not meet with the 89-year-old Fidel Castro on the trip but met several times with his 84-year-old brother Raul Castro, the current Cuban president.

Obama's visit was intended to build irreversible momentum behind his opening with Cuba and to convince the Cuban people and the Cuban government that a half-century of U.S. attempts to overthrow the Communist government had ended.

Castro, who led Cuba for decades before handing power to his brother in 2008, was legendary for his hours-long, all-encompassing speeches. His letter reflects that style, presenting a sharp contrast with Obama's tightly focused speech in Havana. Castro's letter opens with descriptions of environmental abuse under the Spaniards and



U.S. President Barack Obama shakes hands with Cuban President Raul Castro during their meeting at the Palace of the Revolution in Havana, Cuba. THE ASSOCIATED PRESS FILE

reviews the historical roles of Cuban independence heroes Jose Marti, Antonio Maceo and Maximo Gomez.

Castro then goes over crucial sections of Obama's speech line by line, engaging in an ex-post-facto dialogue with the American president with pointed critiques of perceived slights and insults, including Obama's failure to give credit to indigenous Cubans and Castro's prohibition of racial segregation after coming to power in 1959.

Quoting Obama's declaration that "it is time, now, for us to leave the past behind," the man who shaped Cuba during the second half of the 20th century

writes that "I imagine that any one of us ran the risk of having a heart attack on hearing these words from the President of the United States."

Castro then returns to a review of a half-century of U.S. aggression against Cuba. Those events include the decades-long U.S. trade embargo against the island; the 1961 Bay of Pigs attack and the 1976 bombing of a Cuban airliner backed by exiles who took refuge in the U.S.

He ends with a dig at the Obama administration's drive to increase business ties with Cuba. The Obama administration says re-establishing economic ties with the U.S. will be a boon for Cuba, whose centrally planned economy has struggled to escape from over-dependence on imports and a chronic shortage of hard currency.

THE ASSOCIATED PRESS

No one should pretend that the people of this noble and selfless country will renounce its glory and its rights. Fidel Castro

IN BRIEF

Lawsuit challenges N.C. anti-discrimination law

Gay and transgender rights supporters are challenging a new North Carolina law, filing a federal lawsuit that called it discriminatory. The legislature passed the law in response to a broad ordinance that allowed transgender people to use the restroom aligned with their gender identity. The new law also prevents cities and counties from extending protections to cover gender identity at restaurants, hotels and stores. THE ASSOCIATED PRESS

WHISTLEBLOWER

UN ex-spokeswoman remains behind bars

A UN spokeswoman-turned-whistleblower is behind bars at the same prison complex with many of the war criminals she spent her career trying to expose, her lawyer said Monday, as journalists and victims' advocates rallied to her side.

Florence Hartmann, who is now a freelance journalist, was grabbed by guards outside the UN war crimes tribunal last Thursday as the court convicted Bosnian Serb leader Radovan Karadzic of helping to organize atrocities

during Bosnia's 1992-95 war. Widows of the Srebrenica massacre victims and other Bosnians tried in vain to prevent her detention.

The reasoning behind her detention has not been made explicit but her attorney Guenael Mettraux said Monday it may be an attempt to make her serve out a previous sentence for contempt of court.

Mettraux said Hartmann remains in UN custody in Scheveningen prison, home to many war criminals. THE ASSOCIATED PRESS

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Budgeting apps not enough

FINANCE

Planner advises targets and overhauling spending habits

Budgeting has a lot of unpleasant connotations. It's associated with cutting back on fun and pouring everything into savings. Add to that the amount of work it takes to track your cash flow, and it becomes even less desirable.

Budgeting apps have been trying to change that, making finances less of a burden and more enjoyable. They're catering to a group of people who recognize the importance of keeping a budget but balk at the work required.

In order to get any benefit from apps, people need to change how they look at budget-



The budgeting app alone is probably insufficient.

Alexandra Macqueen

ing, according to Alexandra Macqueen, a financial planner who teaches and writes about personal finance.

"The budgeting app alone is probably insufficient. People need guidance and coaching on ... how should I be spending," she said.

Most budgeting apps do one thing very well, and that's providing a detailed overview of where you're spending your money, Macqueen said. But that's only half the work.

"You can have apps that say 'Last month, I spent x dollars on y expenditure category' ... but it isn't a spending plan. You need to have both components," she said.

A good budget needs both an overview and a plan on how to change spending habits so that more money is left over at the end of the month.

There's a common misconception that a spending plan basically means you don't spend money on frivolous items, but Macqueen said these "financial sins" shouldn't be such a large focus. Rather, that focus should be on meeting targets, like putting a certain percentage in savings or paying down debt.

"If your savings target is 20 per



Alexandra Macqueen says that in order for people to get any benefit from apps, they need to change how they look at budgeting. TORSTAR NEWS SERVICE

cent, and your emergency fund is fully funded, and you're paying down any debt you've got, then who cares if you're spending the rest of your money on Fabergé eggs and fur coats," she said.

Other apps let users cede more control in order to meet those targets. Apps like Daily Budget Planner let the user set

goals, and then give the user a daily allowance to spend. Whether an app like that is useful depends on the person, Macqueen said. Someone who thinks they need help controlling their finances can appreciate being told exactly how much to spend.

A financial plan doesn't necessarily have to be about chas-

ing down every penny either, Macqueen said. Rather, it should feel empowering to have control over your money again.

"It's not cutting down on every penny. It's 'You're spending this much, are you getting what you think is an adequate payoff from that?'"

TORSTAR NEWS SERVICE

APPS

Which to choose?

Keeping a budget used to be hard. Now apps let people do many of these things automatically. Here are some apps trying to make sense of your cents:

Mint: This app lets users connect directly to their bank accounts, and monitors how money flows in and out. It also notifies you when credit card bills are due.

Goodbudget: This app works on an old-school method of budgeting — putting money in envelopes for spending categories, and tracking how much money is left in the envelopes. The app doesn't connect to bank accounts directly, but relies on users filling in each expense in the right category.

Daily Budget Original: This app asks users about their fixed income and costs, then gives them a daily budget they can spend. If you come under budget one day, the next day's budget increases, and those increases add up.

Fudget: Fudget focuses on balance — money in, money out. Users can input either an expense or an income, and the app keeps track of the balance.

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ECONOMY

Senate studying falling loonie

The Canadian Senate is just as interested in the impact of the rapidly falling loonie as the rest of us. It heard from experts last month about the reasons for the drop in the dollar's value, as well as the impact on consumers and the economy.

Here's a look at some of report's findings:

Three-quarters: Proportion of the fall in the Canadian dollar's exchange rate attributable to the decline in energy prices, according to Royal Bank

\$470: Canadian households' average savings at the

gas pump in the first three quarters of 2015 compared to the same time frame in 2014

40 per cent: Maximum amount more Canadians have been paying more for U.S. made goods since the loonie's decline

13 per cent: Increase in the cost of produce from November 2014 to November 2015

\$25 billion: Cost of the plunge in oil prices to Canada's economy

8 per cent: Increase in U.S. visitors to Canada between

2014 and 2015

\$4-5 billion: The anticipated boost to the economy from more American visits north of the border and fewer Canadians spending their money south of it, according to TD Bank Group.

14 per cent: Increase in auto exports between 2014 and 2015

37,000: The number of manufacturing jobs created in 2015, the highest amount since 2012.

TORSTAR NEWS SERVICE

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Property: All that certain parcel of land known as 49 Alabaster Way, Halifax, Halifax County, Nova Scotia, also known as PID 41360736 and more fully described in the mortgage registered at the Halifax County Land Registration Office as document number 104243325. The parcel has been registered pursuant to the Land Registration Act. The parcel is a condominium unit subject to the Restrictive Covenants registered at the Halifax County Land Registration Office with the following document numbers: Easements 100322867, 100326578, 100321273, and 100320580; Deeds 100319673 and 8170; Agreements 82165268 and 97350046; Agreement Amendments 98780349, 100161430, 82570341, 94876407, and 89091657.		
A copy of the description of the property, as contained in the mortgage foreclosed, is on file at the Prothonotary's Office and may be inspected during business hours.		
Date of Sale: March 30, 2016		
Time of Sale: 9:00 o'clock in the Forenoon.		
Place of Sale: The Halifax Law Courts, 1815 Upper Water Street, Halifax, Nova Scotia		
Terms: Ten per cent (10%) deposit payable to McInnes Cooper, in trust by cash, certified cheque, or solicitor's trust cheque at the time of sale, remainder within fifteen days upon delivery of deed.		
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I, Andrew Rankin SOLICITOR 1800-1801 Hollis Street Halifax, NS B3J 3N4 Telephone: 902-423-6361/Fax: 902-420-6326 11156-1064719/csm	Stephen Kingston, Barrister and Solicitor	

metroview

ABIGAIL PUGH

ON THE PSYCHOLOGY OF SEXUAL ASSAULT

“Of course it would have been great if all three Jian Ghomeshi accusers had been clear on their afterstories. Yet it couldn't happen like that.”

An email to 20 friends gets the stories rolling in. Richly remembered, shyly told.

Viv: “I went on a ‘date’ with a guy who took me back to his apartment. I was 18 maybe 19? I don’t know why I agreed to this. It’s not where someone goes ‘on a date.’”

Viv “could barely drink a beer” — and was raped after playing a drinking game. She has “one two-second memory” of it. “And then I just felt dirty all the time.”

She emails again to say that she’s shared this with nobody since: “Not my therapist, not my sister, not my husband.” She’s 43.

Laura was sexually assaulted by a friend’s grandfather at age 8. The man told the court it was “her fault” for wearing a “provocative outfit.”

Jess writes: “I remember one of my parents’ friends feeling my bum. I had that strange feeling of ‘What’s he doing that for? These are parents — yuk.’”

Here’s Sophie: “I was alone in France with a boy I was getting to know. For the first time that year I felt finally able to connect in French. All of a sudden he reached over and squeezed one of my nipples: hard enough to really hurt.”

Meet Amanda: “I went to university very young. One night, I went up to a man’s bedroom at a frat house: a bunch of other frat guys called me slut and poured beer all over me.”

Apart from the cornering, hurting and frightening in the fashion Ghomeshi was accused of, what do these

memories have in common? Viv recalls — question marks hers — “I acted like I wanted it?”

Jess: “I felt wanted and uncomfortable at the same moment.”

Amanda recalls: “I even saw that same guy again. When I told him I was a virgin, he said I had wasted his evening.”

...

Of course it would have

says: “If there was a word to describe wanting to please your abuser — à la Stockholm syndrome — we could just say, ‘Oh, that is a normal reaction,’ not a ‘contradiction to her testimony.’”

If the prosecutor had his own experience of this commonplace sensation we don’t yet have proper terms for — along with the courage to bring it on board — he and the witnesses could

of me” she’s not referring to his alleged attack but to his “coolness.” The letter is steeped in contradiction: confusion and longing; shock and curiosity; regret and arousal.

My nipple-grabbed friend recalls: “To get angry was to lose connection to something I had only just gotten.” She could almost be Lucy.

I’ve been walking around



STEEPED IN CONTRADICTION Lucy DeCoutere and Jian Ghomeshi and shown together in 2003 in this exhibit photograph from Jian Ghomeshi’s trial. DeCoutere’s love letter to Ghomeshi, a key piece of the defence’s case, can be a read as a “hate letter” to herself. HANDOUT/THE CANADIAN PRESS

been great if all three Jian Ghomeshi accusers had been clear on their afterstories. Yet — again, of course — it couldn’t happen like that.

Were such truth-telling cultivated among us, three of these friends wouldn’t be footnoting their letters to me that I’m the first they’ve told (“not my husband, not a therapist”).

All the emails talk of a shameful sense of collaboration; of having bought attention and paid dearly, with currency that was ill-understood at the time. Of grappling with a state of mind we don’t yet even have clear psychological (let alone legal) language for. A friend

have had rich conversations full not of the one-note terror the media so simply-mindedly assumes “victimhood” to be, but of a whole reeking splatter of emotions (because sometimes truth isn’t tidy and sweet-smelling). Or maybe he could’ve found an expert witness to shine a light right at all this and thus help hack out the terms?

Lucy DeCoutere’s handwritten love letter to Ghomeshi is a hate letter to herself. She calls herself a “chicken s—t” for being wary of him; a “freak,” “a—le,” “ridiculous,” “sentimental” and “left in the dust.” When Lucy tells Ghomeshi: “You scared the hell out

in a daze since hearing from my friends. I want to mother my younger self and theirs. I want to slap Jian Ghomeshi. When my seven-year-old is older, I plan to sit her down and give her the training: “Lovely, don’t worry about his feelings. Worry about yours.”

If we can learn from this trial, maybe by the time my kid is dating, “sort-of-Stockholm” will be more usefully termed and therefore better acknowledged for the reality it is.

“The names of my friends have been changed and their accounts have been condensed and lightly edited.

metroview

Ford deserves to be remembered as he was — no more, no less



Michael Coren
For Metro

I hardly knew Rob Ford. And I suspect that the same applies to most people.

While the late mayor appeared so public, ebullient and obvious, there were hidden depths and layers to the man that perhaps only his family — and maybe not even they — were aware of.

In all honesty, I had little time for his politics and some of his statements about political and social issues were offensive and even repugnant. So does all of that change now that he has died?

That’s the important point here. Any person dying so young is a tragedy, and our decency is demonstrated by a respect, even a grudging one, for grieving, loss and pain. His wife and children must be suffering terribly. So a dignified hiatus between his passing and any criticism should have been absolute. Allow a few hours, perhaps a day, for those closest to him to process what had happened.

Most did, but not all. Social media immediately bubbled with acid attacks on the man, as though he were some sort of war criminal. He wasn’t. He could be a clown, he could be a brute, he lied publicly, he used illegal drugs, he said some vile things about women and his domestic life left much to be desired. Yet evil he was not; not evil

the way a cancerous death and children losing a father are evil.

So whatever people may have thought of Ford they should have initially shown reverence, less to him than to humanity’s natural rhythm of empathy and sympathy for those in distress.

And then came the ridiculously hagiographical articles. Suddenly we were given Rob Ford who could do no wrong, the bobble-head transformed into the plaster saint. Here was Ford the man of the people who we should only remember as the lovable character who coached high school football and always returned phone calls. One tabloid featured so many flattering obituaries that it became almost Soviet-like, with a deceased leader seemingly beyond reproach.

The truth is complex and obscure. Ford was a very bad mayor of Toronto. His achievements were largely cosmetic, he unnecessarily divided the city and he embarrassed the people of a genuinely great town. True leaders do not make racist, homophobic and misogynistic comments, true leaders do not brazenly disregard the law, true leaders deal in wisdom and not clichés.

But I still genuinely regret his passing and have waited until now to speak my mind. We are all broken in our own ways. We forget that to our peril.

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From boxing to boffo box office

STAR WORKOUTS

High-def screens call for high-def training, says celeb trainer

Danny Musico had no plans to be a celebrity trainer.

But when "fellow (New Jersey) guy" and friend Bruce Willis called the former world champion boxer and asked for a favour — train then wife Demi Moore for G.I. Jane — he began on a course that led him to whipping an aging Rocky Balboa into shape.

Musico trained Sylvester Stallone for the sixth Rocky film, but it was his work on the Oscar-winning Million Dollar Baby that cemented his career. "It was just a whole landslide after Hilary Swank," he says.

Since then he's added Leonardo DiCaprio, Toby McGuire, the cast of HBO's Entourage and singers Jessica Simpson and JoJo to his client list. We talked to Musico from Beverly Hills in California.

What makes boxing a great workout?

It's a full-body workout. Professional boxers, they're probably the most incredible

athletes, as far as being in shape, on the planet. As far as getting the body in shape, you're using every single part of your body. Right down to helping you with other things — better balance, coordination and agility — everything comes with the training of boxing.

What's an example of a boxing-inspired workout routine?

I train everybody today like I'm still training someone in boxing, so I do interval workouts. For example, you're going to come in with me and you're going to start by hitting a cardio machine for three minutes as hard as you possibly can. That's warming you up and you're coming off of that machine to catch your breath, you have 30 seconds to a minute to catch your breath and start the next exercise.

Then you're starting three minutes of hitting a (boxing) bag. I may break that three minutes up into 30 second intervals — 30 seconds on with speed, 30 seconds rest. By the time you complete that interval, you're going back to a cardio machine for another three minutes of all-out cardio. Off of there, it may be me making you do a set of curls. That's how your



Danny Musico's work on the boxing drama Million Dollar Baby cemented his career as a celebrity trainer. CONTRIBUTED

60 minutes goes, non-stop.

Is that what you call high-definition training?

Yes, HDT. The reason why it's called high-definition training, nowadays with the quality of TVs and all of our social media and everything else, you can right out see just about anything on the person you're looking at. You need high-definition training

for high-definition TV.

As an actor and model yourself, you must have some insight into what it's like working in an industry so focused on body image.

At the end of the day it's not about getting ready, it's about staying ready. You need to stay ready all the time for when that opportunity comes up, because

you never know when it's going to be there. If you have to get ready for it when the opportunity comes, sometimes you miss it.

What are some tips for the average Joe who might not have the resources a celebrity does?

I could get you into shape with a rock and a stick. You don't need expensive gym

memberships. It's just about consistency. You have to make sure you do it every day. We all want it. It's about how hard you're willing to work for it. Getting up every single day, working out, eating right, getting the proper sleep, not staying out partying. Those are just the basic tips that are actually the fundamentals of success.

TORSTAR NEWS SERVICE

“I could get you into shape with a rock and a stick... It's just about consistency.”
 Celebrity trainer Danny Musico



90s to now

Yup.
The music's better now.

BOOK

Don't be a worrywart and learn to love the pressure



Peter Jensen. TORSTAR NEWS SERVICE

For someone trained in sports psychology, perhaps the greatest laboratory is the Olympics, the pinnacle of athletic competition. Peter Jensen has donned a metaphorical lab coat in eight Olympics to date as a mental training consultant with members of the Canadian team.

Before he joins our athletes for a ninth Olympics this summer, he's promoting his third book — *Thriving in a 24-7 World: An Energizing Tale about Growing through Pressure*.

What are some of the misconceptions of energy management?

Multi-tasking? For 2.5 per cent of the population, they're better at doing two things at once. The problem is everybody thinks they're in the 2.5 per cent.

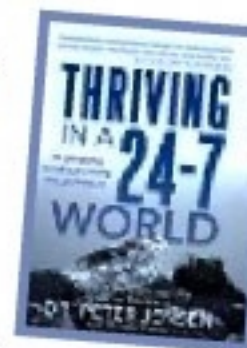
You've written about the need to stop worrying, too. What's the idea there? Worry is like having a constant energy leak in your head. My mother used to say, "Worry if it will make a difference." And, of course, it never does. If worry leads to you planning for the safety of your children, OK. But most worry is not functional.

I say to the athletes sometimes, "The voice in your head is not God." It's something we make up, and we respond to it as if it's real.

How do you tell somebody who is a worrywart to stop? The first choice in any situation when you can eliminate the stressor. With the World Junior team, one of the things they decided to do when we talked about the noise of social media, they decided to go off social media when the tournament was on. They temporarily closed their accounts. By

design, they're able to do some things that create a better environment.

So that stops the "energy drain." A huge amount. Because you don't have all that stuff cluttering you up. The problem with devices is they're always present. A lot of people will say, "I didn't do anything last night. I watched Game of Thrones. I sat on my iPad." That's not rest.



Eighty-five per cent of your brain is active when you're using your iPhone. You're not recovering.

How do you best re-charge?

You've got to get genuine rest. You've got to sleep. Nothing replaces sleep. Sleep is the way you rest and recover. If you look at people who had huge cognitive horsepower — Einstein, Edison, Madame Curie — you read their biographies, every single one of them napped. They all did it.

TORSTAR NEWS SERVICE

Jumping your way to higher marks

EXERCISE

Study finds moving helps kids to learn

Kids who jump, squat and move their bodies during math and spelling may learn more effectively than students in typical sedentary classrooms, a new study suggests.

The research, involving 500 Grade 2 and 3 children in the Netherlands, found those who learned in physically active classes tested better academically than kids who sat at their desks.

The findings were published earlier this month in the journal *Pediatrics*, and provide new evidence that getting children moving isn't just good for health, but may also boost brain power.

"It's really a significant outcome," said Marijke Mullender-Wijnsma, lead author and researcher in the centre for movement sciences at the University of Groningen in the Netherlands.

"Children want to move, and they learn a lot by moving their bodies," Mullender-Wijnsma

said in an interview. "Children can also learn by sitting at a table, but they learn more by being active."

During the two-year study, half the seven- and eight-year-olds were taught active lessons in math and language three times a week for 30 minutes over the course of 22 weeks each year. The control group learned in regular classrooms.

The lessons using moderate to vigorous physical activity were aimed at tasks involving repetition and memory, such as math calculations and spelling. The students' academic levels were measured before the intervention, and several times throughout.

The kids learned using a range of movements including jumping, taking large and small steps, squatting and air punches as they recited answers to questions. For example, while spelling aloud the word "dog," they might jump three times — once for each letter. Or to solve 2x4, they might squat eight times while counting.

After two years, those in the active group showed greater gains in math speed, general math ability and spelling —



Students participate in Boks Daily Physical Activity program at St Wilfrid Catholic School in Toronto. TORSTAR NEWS SERVICE

equal to being four months ahead of the control group, the researchers found. No differences were found in reading. But the researchers called it "a promising new way of teaching."

Mounting concern over childhood inactivity and obesity in Canada has led to programs and

policies aimed at getting school-kids moving. The Netherlands study is important because it highlights another key piece — the role of exercise in learning.

Mullender-Wijnsma says more is needed to understand the mechanisms of how exercise affects the brain. But earlier

neuroscience research suggests the young students may have benefitted in several ways.

Children use sensory and motor activity to learn, she says, which is enhanced through physical activity. Exercise has also been found to improve attention and the ability to re-

main on task.

Over time, it may also trigger the development of new cells and blood vessels that lead to improved cognitive performance, she said.

Pioneering neuroscientists like psychiatrist Dr. John Ratey of Harvard Medical School have built a body of evidence showing how aerobic activity boosts kids' productivity, attention and memory. "There's a lot of anecdotal and intuitive understanding of the overall benefits of physical activity," says Rodney Ghali, director general of the Public Health Agency of Canada's centre for chronic disease prevention.

But every piece of new evidence is important when it comes to how it might help cognitive skills, academic performance and mental well-being, he said. The agency has partnered with Reebok Canada and the Canadian Football League in a five-year, \$10-million project called BOKS Kids, which is introducing non-competitive physical activity programs into schools across Canada to boost health and academics, and is based on Ratey's research.

TORSTAR NEWS SERVICE

HEALTH PSYCHOLOGY

Tough guys less honest about medical symptoms, study shows

A newly published American psychological study has set out to investigate whether male life expectancy — which is shorter than female life expectancy by an average of five years — could be affected by social and psychological factors like choice of doctor and honesty.

"Why do men die earlier than women?" That's the question Diana Sanchez, associate professor of psychology at Rutgers University in the U.S. and doc-

toral student Mary Himmelstein, set out to answer in a recent study published in the *Preventive Medicine* journal and the *Journal of Health Psychology*.

They found that men who had traditional beliefs about masculinity — such as showing bravery, courage and emotional restraint — were more likely to ignore their health problems or delay acting on them.

The pair studied a group of 250 men, who were given a ques-

tionnaire designed to gauge their ideas about manhood and their preferences when choosing a doctor.

The results showed that participants with the highest scores on the masculinity scale were more likely to choose a male doctor, assuming them to be more competent than their female counterparts.

The scientists then recruited 250 university students and gave them a similar questionnaire.

Each participant was also interviewed about their health by male and female medical or nursing students.

Paradoxically, the higher they scored on the masculinity scale, the less likely they were to talk openly about their symptoms and current

5 years

"Men can expect to die five years earlier than women, and physiological differences don't explain that difference," researcher Diana Sanchez says.

health problems with male doctors. "That's because they don't want to show weakness or dependence to another man, including a male doctor," explains Sanchez.

Ironically, this same group of volunteers was found to be more honest

about their medical symptoms with female doctors, the authors found.

The pair published similar findings in 2014 in the *Journal of Health Psychology*. The study showed that men with strong, traditional ideas about masculinity were less likely to seek medical help, and were more likely to downplay their symptoms and suffer worse health outcomes than women or men who did not share those values. AFP

A yoga move for the water babies

CROSS FITNESS

Swimming cobra builds your back, helps shoulders

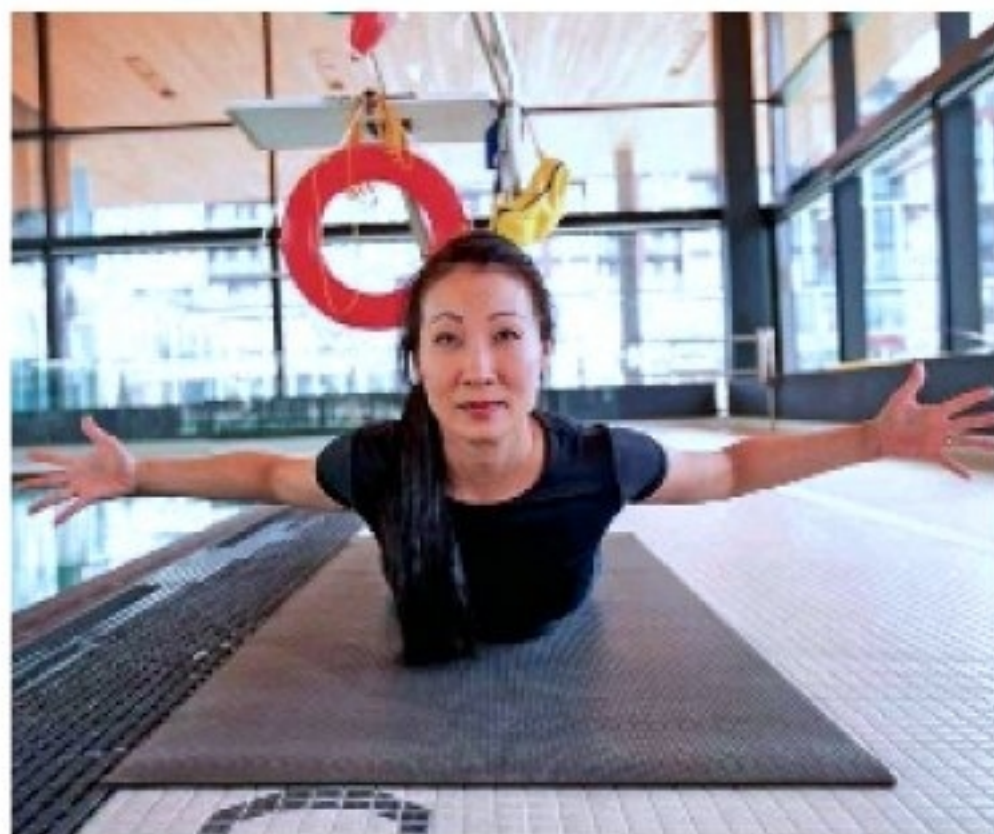
YuMee Chung
Torstar News Service

Swimming and yoga are so simpatico: they're both deeply relaxing, low-impact activities that emphasize mindful breathing. I unrolled my mat by the pool to bring you yoga designed for you water babies. It's a great way to strengthen the back while warming up your shoulders.

Swimming Cobra

1. Lay face down on a yoga mat with hands resting underneath your shoulders. If your hips are especially bony, you may want to fold your mat in half to add extra padding.

2. Lift head, shoulders and chest away from the ground while keeping the pubic bone and tops of feet anchored.



YuMee Chung goes through the motions of swimming cobra. TORSTAR NEWS SERVICE

3. Now lift the hands a few centimetres away from the mat, to ensure the extensors of the back are working to hold you up. Turn the palms to face skyward and do an exaggerated breaststroke. Imagine the movement originates at your shoulder blades and give them a little squeeze towards the spine as your elbows come

in close to your sides.

4. Swirl the arms three times in one direction before heading in the opposite direction.

5. Finish by lowering to the ground and resting arms by your sides. Turn the head to one side and give the hips a little jiggle to

nurture the lower back.

Swimmer's Shoulder

Swimming is an unusual sport in that it requires above-average shoulder strength, flexibility and range of motion. As a result, shoulder pain stemming from overuse, misuse and abuse is extremely common in com-

petitive swimmers, so much so that it has been given the name swimmer's shoulder.

According to one study, swimmers who engage in other sports are less likely to have shoulder pain.

A number of prominent swimming clubs have even added yoga to their dry land training.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yogwa teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.



RESEARCH

Caffeine increases miscarriage risk

Women have an increased risk of miscarriage if they or their partner consume more than two caffeinated drinks a day in the weeks leading up to conception, a new U.S. study found.

Women who drink more than two caffeinated beverages per day during the first seven weeks of pregnancy were also more likely to have a miscarriage, according to the study published online last Thursday in the journal Fertility and Sterility. But rates of miscarriage are reduced for women who take a daily multivitamin before

and after conception. The study, carried out by researchers from the National Institutes of Health and Ohio State University, was based on data from the Longitudinal Investigation of Fertility and the Environment (LIFE) Study.

That study followed 501 couples in Michigan and Texas from 2005 to 2009, examining the relationship between fertility, lifestyle and exposure to chemicals in the environment.

The current study compared cigarette use, caffeinated beverage consumption and multi-

vitamin use among 344 couples when the woman was carrying a single offspring. Of these pregnancies, 98 — or 28 percent — ended in miscarriage.

"Our findings also indicate that the male partner matters, too," said lead author Germaine Buck Louis, director of the Division of Intramural Population Health Research at the NIH. "Male preconception consumption of caffeinated beverages was just as strongly associated with pregnancy loss as females."

AFP



More than two caffeinated drinks per day in the weeks leading up to conception may increase the risk of miscarriages. ISTOCK

+ HEALTH BRIEFS

Exoskeleton suit allows paraplegics to walk

California-based inventor Homayoon Kazerooni has unveiled a new exoskeleton that will allow paraplegics to walk, reports Zdnet.

With his suitX robotics company, Kazerooni developed Phoenix, the lightest exoskeleton available at 27 pounds. Kazerooni is dedicated to helping those with spinal cord injuries, and in 2011 offered a suit to pilot Austin Whitney, who was injured in a car accident. AFP

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Lauren Conrad knows how to celebrate

ADVICE

Former star of The Hills has become an etiquette expert

In her teen years and early 20s, Lauren Conrad made her mark on MTV's *The Hills* and *Laguna Beach: The Real Orange County*. But since then, the Californian fashionista has replaced friend drama and internships with a flourishing and unabashedly feminine business empire.

Now 30 — and hitched since 2014 to her lawyer beau and fellow Californian William Tell — Conrad is a fashion designer and writer. She also makes time for something close to her heart: party planning.

Her new book, *Celebrate*, covers all the bases, from throwing birthday parties or engagement parties to baby showers or brunch, and everything in between. Here Conrad chats about the joys of celebrating, wedding-day stress and her favourite party essentials.

In any celebration, what do you think are the essentials for everyone to have an amazing time?

I think you treat guests as you would want to be treated. Making sure there's good food and drink and making sure it's convenient; those are the basics. People don't always remember the small things because they're so well put-together. It's about creating an environment where people can really enjoy themselves.

You planned a big celebration



Lauren Conrad covers all the party planning bases in her new book, *Celebrate*. CONTRIBUTED

of your own a couple years back, tying the knot with William. Did all the buildup to your own wedding shape your party planning sensibilities?

It taught me a lot! It was like a crash course. Just the idea of putting together the plans and making sure everything is executed — it took almost a year to plan and there are so many moving parts. It's so important to be organized and make sure everything is consistent.

Any crisis moments on the big day?

“I think you treat guests as you would want to be treated. ... It's about creating an environment where people can really enjoy themselves.” Lauren Conrad

Not really, honestly. My wedding planner is one of my best friends, so that was helpful. We didn't have anything nuts happen at our wedding. But the best man's speech was actually given by two of my husbands' best friends and it was 27 minutes long. My planner came up to me

and said, “27 minutes?!” And the biggest stress of planning our wedding was making sure there was security to make sure it remained between us and our guests.

Where does your love for party planning come from? I grew up in a creative en-



otherwise weeks turn into months.

Many of us watched you grow up over the years through your reality shows. How has your style changed since your early days on television?

I think my style always represents where I am in life. Yesterday, we were shooting and I had to put on heels. I remember having to wear heels every day, but I'm usually barefoot more often than wearing heels now, because I'm working from home, writing and doing shoots here.

On your website, you have an entire category dedicated to “ladylike laws.” What does being a lady in 2016 mean to you, when it comes to party etiquette?

I love etiquette. It's this rule-book that's been put together for us. If you know the rules, you know how to behave — and they're there for a reason, most of the time. I think a formal place-setting can be a little regressive ... but for the most part, I think it's important these rules are in place so we can be aware of other people's feelings and avoid awkwardness.

Is there a certain etiquette rule you hate to see broken?

This is such a simple one, but it drives me bonkers: People still wear white to weddings. It drives me crazy. I was at a wedding last week and someone wore a full white dress. That will never make sense to me.

TORSTAR NEWS SERVICE

NEW MUSIC

Meghan Trainor learns to say No with her sophomore album

When playing songs from her upcoming sophomore album for her record label, Meghan Trainor heard this word from L.A. Reid: “No.”

Reid, the veteran executive and Epic Records president, was referring to her first single. She didn't have one, he said.

Angry and upset, Trainor called producer Ricky Reed. They had collaborated on some of the songs she'd played for Reid, and in a day, they created *No*, the anthemic, beat-driven, Destiny's Child-influenced hit that's a departure from her signature doo-wop pop sound.

Reid's thoughts: “Yes.” More like yassssss!

“I wrote *No*, and he was like, ‘Give me five of these.’ And we wrote five more songs,” Trainor said in a recent interview.

“It was such a relief, like I could sleep at night knowing I finally found the single.”

“That's like the biggest stress for an artist, especially (for) album No. 2.”

No, which has already peaked at No. 11 on Billboard's Hot 100 chart, isn't about L.A. Reid. It's a song about boys and female empowerment. Reed, frontman for Wallpaper and a producer behind songs for Jason Derulo, Twenty One Pilots and Pitbull, said creating the tune was like opening Pandora's box.

The other songs “were very great songs, but *No* was really the catalyst for the rest of the album,” Reed said.

Of the songs on her new album, 22-year-old Trainor says with a laugh: “Songs like that wouldn't exist if L.A. Reid

“It was such a relief, like I could sleep at night knowing I finally found the single.” Meghan Trainor

Meghan Trainor

didn't push me till I wanted to cry.”

The new album, *Thank You*, will be released May 13. Trainor has taken a more contemporary vibe compared with her 2015 debut, *Title*, which featured the hits *Like I'm Gonna Lose You*, *Dear Future Husband*, *Lips Are Movin'* and the game-changer *All About That Bass*.

The new songs are more

confident and sleek, a reflection of Trainor, not just the singer, but also the person.

In her *No* music video, which debuted this week, Trainor trades her colourful, bright backdrops, buttoned-up ensembles and schoolgirl dance moves for sexy gyrations, tighter clothes and an overall darker setting — in the vein of late '90s pop music videos.

“I'm learning (about) myself even more. I'm learning what clothes are comfortable and what I love and what makeup and hair (I like),” said Trainor, who has gone from being a blond to a redhead.

“We changed everything and I'm very comfortable and all this promo isn't so scary anymore.”

THE ASSOCIATED PRESS



Meghan Trainor's new single *No* has already peaked at No. 11 on Billboard's Hot 100 chart. THE ASSOCIATED PRESS



Toronto's Makela (@_blotty on Twitter) tweeted a story about removing poop from her date's toilet when it didn't flush. TWITTER

Number 1 story about number 2

FLUSH WITH EMBARRASSMENT

First-date horror story goes viral on Twitter

Everybody poops. But most aren't as open about it as Toronto Twitter user Makela, aka "@blotty," who withheld her last name "so (she) can get a job in the future."

"I have a story to tell. It is about my poop," she wrote on Twitter in a series of 18 tweets that have gone viral, detailing a first-date horror story in which she retrieved the offending matter from a toilet, wrapped in toilet paper and put it in her purse, and went back to kissing her date on his couch.

Some of the tweets have garnered upwards of 8,000 retweets and thousands more likes, with users calling her a "hero" and asking for her autograph.

At the time of nature's call, 19-year-old Makela didn't consider "holding it," she told Torstar News Service in an exclusive interview.

"This is just something that happens. Everybody poops," said the Calgary native, who plans to go to university for social work or psychology in September. "I don't think I realized what I was

doing was completely insane until I put it in my purse and I sat down (on his couch) and he called me beautiful."

Her story, reminiscent of an episode of Comedy Central's *Broad City* in which a character removes a poop from a toilet during a power outage, has not been verified by the Star. Makela insisted that the story is true: "I didn't make it up. If I wanted to do something for attention I wouldn't pick something SO



Now I'm just the poop girl.

Makela a.k.a. @_blotty

embarrassing," she wrote on Twitter.

When the toilet wouldn't flush in her date's bathroom, she got crafty. Makela removed the offending matter using a glove of toilet paper, and wrapped it up into a small package with more toilet paper, at which point she decided it was best to put the waste matter in her purse's inner pocket and get back to her date.

On the couch where they kissed and he called her beautiful, all she could think was "I have a piece of my poo in my purse," she tweeted. When she had a moment, she texted her

sister for advice, who suggested she pretend she was a smoker and dispose of the dropping outdoors.

A few hours passed and her date used the bathroom. She heard a flush, and figured he had fixed the toilet, so she had to try flushing it again.

"I brought my purse up to the washroom. Unwrapped the poop, prayed to every god I know, put it in and flushed," she wrote. Her prayers were answered: "By the grace of God, it worked. The poo flushed. I was free. I was in the clear. Everything was going to be okay. I survived. I am a survivor (sic)."

"All of the hard work I put into being a hot girl is tarnished by one teeny tiny poop story," she wrote on Twitter. "Now I'm just the poop girl."

But, a "confident, calm and self assured woman," Makela will try to get more out of the unexpected Internet fame than Twitter users claiming her tweets belong in an art gallery. On Wednesday, she sent a tweet-plea to Ellen DeGeneres asking to be on her talk show. After all, "My poop is popular," she wrote.

Makela has not received a response from DeGeneres' camp.

Instead, she has set up a PayPal.Me account accepting contributions to her "new purse fund." She has since dumped the original purse. TORSTAR NEWS SERVICE



JOHANNA SCHNELLER WHAT I'M WATCHING

Chelsea Does listen, sort of, learns something new

THE SHOW: *Chelsea Does*, Season 1, Episode 3, *Racism* (Netflix)
THE MOMENT: The round table

Comedian and talk-show host Chelsea Handler sits at a boardroom table surrounded by members of several anti-defamation leagues. "When you make fun of Asian people on television, it gives other people permission to," the spokesman from the Media Action Network for Asian Americans tells her. She replies that she makes fun of everyone.

The advocate from the NAACP tells her that it's racist to joke that black men have large penises. She insists that he should be flattered, not offended. "If you're attacking everyone, you eliminate the concept of racism," she maintains.

In all four *Chelsea Does* episodes (the other three are *Marriage*, *Silicon Valley*, and *Drugs*), Handler sets herself up as a typical American — ignorant, but with strong opinions. As in the scene above, she appears to be lis-



Chelsea Handler, left, with civil rights activist Al Sharpton. CONTRIBUTED

tening, but she's mainly talking. She travels around the U.S., or the world, and asks a lot of questions. By the end, she's learned (and taught us) something.

It's a simple conceit, but the strength of Handler's interviews makes it work. She's not afraid to offend, so she asks bold questions; she's genuinely curious, so she sparks conversations. Ultimately, what she thinks doesn't matter — what matters is the forum she gives others.

In the final minutes of this episode, a Native American spokesman tells her America is in trouble because it's all about "me," whereas his people think in terms of "us." If we could all do that, racism would evaporate. A sign that Handler has learned something: She doesn't retort.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Patricia Domestic Medium Hair



1-year-old Patricia, who is barely past her kitten phase, experienced some unfortunate neglect that required the shaving of almost all her fur. She has a calico & white coat, sporting tangerine & slate grey patches. She appears a bit shy at first but actually

loves attention! We anticipate she will bond quickly and strongly with her new person. She deserves the love and security of a forever home and to be treated with the greatest care and respect. Patty is waiting patiently for someone to fall in love with her. If you would like to meet her, please drop by today. **We love her to pieces, and are confident you will too!**

For more information on **Patricia** and other adoptable furry friends, visit www.spcans.ca/dartmouthshelter or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or dartmouth@spcans.ca

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Hurricanes blow past slow-moving Storm

NBL CANADA

Victory in Charlottetown bumps Halifax record to 20-8

Slow-starting third quarters have been bugaboos for the Island Storm this season and Monday's 104-93 loss to the Halifax Hurricanes didn't reverse the trend.

This time, the Hurricanes outgunned the sluggish Storm 28-15 in the third and increased its 49-48 half-time edge to a 77-63 advantage after three quarters in the National Basketball League of Canada game.

In the fourth, the Storm found itself down by 16 points midway through the period but recovered and cut the lead to seven (94-87) with three-and-half minutes remaining.

Rashad Whack did his part with 13 of his 25 points in the final stanza, including two of his four three-pointers, but it wasn't enough as Halifax won the second game in the two-

game home-and-home set with the Storm. Sunday, the Canes won 104-84 in Halifax.

"It's just kind of been that way all season. We come out slow (in the third). We continue to work on it," said Whack after Monday's matinee. "It's hard to say why it happens. We have to be stronger mentally and come out with the same energy as the start of the game. It's frustrating that it's happened all season, but we've got to stay with it."

Terry Thomas added 20 points and eight rebounds for the Storm. Book-end big forwards Brian Addison and

Tirrell Baines each chipped in 13 points. Chad Posthumus grabbed a team-high nine boards.

The loss dropped the Storm to an Atlantic Division-low 10-18, while Halifax, led by Shane

Gibson's 23 points, boosted its Atlantic and league-leading mark to 20-8.

Mike Glover went for 20 points and nine rebounds for Halifax, while Kyle Hunt drained 19 points and grabbed six boards. Clifford Clinkscales



Justin Johnson, left, and Kyle Hunt of the Hurricanes block the Storm's Chad Posthumus on Monday at the East Link Centre in Charlottetown. HEATHER TAWEL/CHARLOTTETOWN GUARDIAN

dished out a game-high 13 assists.

In the paint, the Hurricanes outmaneuvered the Storm with 50 points versus the Storm's 38, and did a better job rebounding in the second half.

And that, said Gibson, was a major reason his squad nabbed the W.

"They had something like 10 offensive rebounds in the first half and we decided we had to clamp down on that," said Gib-

son, who hit a game-high five three-pointers. "We knew they would play hard and we would have to match their intensity. That was the difference in the second half." CHARLES REID/CHARLOTTETOWN GUARDIAN

IN BRIEF

Parise named best of week

Minnesota Wild left-winger Zach Parise, St. Louis Blues goaltender Brian Elliott and Pittsburgh Penguins right-winger Phil Kessel have been named the NHL's three stars for the week.

Parise had five goals and seven points in three games, Elliott stopped all 52 shots he faced over two appearances and Kessel shared the league lead in assists (five) and points (seven). THE CANADIAN PRESS

Habs still striving for wins despite playoff ouster

The playoff position that looked like a lock in November vanished on Saturday night when the Montreal Canadiens were beaten 5-2 by the New York Rangers.

That officially put the Canadiens out of the post-season for only the second time in nine years.

The only positive will be a high draft pick, but centre Tomas Plekanec said Monday it was important to keep gunning for victories in the few games remaining in the regular season.

"I'm sure we'll have plenty of time to talk about what went wrong here but we still have six games to play and we have to focus on playing our best and winning as many games as possible," Plekanec said.

The Canadiens and their fans are still in shock from the collapse that followed their 19-4-3 start to the season. THE CANADIAN PRESS

WOMEN'S HOCKEY

Young Canadians have chance to get wiser with Wickenheiser



Hayley Wickenheiser is taking part in her 13th women's world hockey championship. CHRIS SO/TORSTAR NEWS SERVICE

Three of Hayley Wickenheiser's Canadian teammates weren't born when she won her first women's world hockey championship in 1994.

Defenceman Halli Krzyzaniak was 12 years old when she first saw Wickenheiser play in the 2007 world championship final in Winnipeg. When Krzyzaniak scored her first career goal for Canada in an exhibition game Saturday against Sweden, her childhood idol provided an assist.

"That was just surreal for me to say she was in on my first goal because I never thought that

would have happened," Krzyzaniak said.

"For my generation, she was someone we really looked up to and kind of idolized and wanted to be, but I never thought I would be playing with her."

A few surgeons also thought Wickenheiser wouldn't be around to play with Krzyzaniak, but the 37-year-old from Shaunavon, Sask., is playing in her 13th women's world hockey championship this week in Kamloops, B.C., with eight screws and a metal plate in the navicular bone of her left foot.

Wickenheiser chose a more optimistic surgeon when she underwent foot surgery in February, 2015.

"There's a lot of hardware in there," Wickenheiser said. "I didn't know if I'd play again. A lot of doctors said I could never play again. One guy said I could and I went with that guy."

Canada's all-time leading scorer in goals (168), assists (210) and games played (271) is also the all-time points leader in world championships with 85, including 37 goals.

THE CANADIAN PRESS

NOVA SCOTIANS

Nova Scotians Jillian Saulnier of Halifax and Blayre Turnbull of Stellarton were set to face off against the U.S. in Monday night's game in Kamloops, B.C. This is Saulnier's second time playing at a world championship, while Turnbull is a Team Canada rookie at the worlds.

METRO

MIAMI OPEN

Kuznetsova outplays Williams in 4th round

Serena Williams had been eliminated from the tournament for less than 20 minutes when she climbed into her white Mini Cooper with the checkerboard top and pulled out of the players' parking lot, fastening her seat belt as she drove.

A hasty departure, for sure. Williams' 20-match winning streak at Key Biscayne ended Monday with a 6-7 (3), 6-1, 6-2 loss to Svetlana Kuznetsova in the fourth round of the Miami Open.

Williams was bidding for her ninth title in the event and her fourth in a row. But after a grueling first set that lasted nearly an hour, the No. 1-seeded Williams faded on a sweltering afternoon.

This is the first time she hasn't reached the Key Biscayne quarterfinals since 2000, when she lost in the fourth round to Jennifer Capriati. Williams, 34, hasn't won a tournament since earning her 69th title at Cincinnati in August.

"I did the

best I could," she said during a postmatch news conference that lasted less than three minutes before she cut it off. "I can't win every match. These players come out and play me like they've never played before in their lives. I have to be 300 per cent every day."

The No. 15-seeded Kuznetsova won with defence, extending points until Williams would make a mistake. The Russian finished with only 18 unforced errors to 55 for Williams. In addition, Williams' serve was uncharacteristically unreliable. She hit 13 aces but also had nine double faults and was broken six times. Williams said the muggy 85-degree weather didn't faze her.

"Physically I'm fine," she said. "I don't know, I guess I didn't move today. Maybe that was one of the things that didn't work out for me."

Kuznetsova, 30, won Key Biscayne 10 years ago and is into the quarterfinals for the first time since 2009.

"I'm too old," she told the crowd. "I've been many times on this court. I love being back here, and I'm really happy with my performance." THE ASSOCIATED PRESS



Serena Williams
GETTY IMAGES

IN BRIEF

Canada underdogs going into second U20 match

Having already lost 4-1 to England, Canada's under-20 soccer team looked to be behind the 8-ball when the English sent out an even stronger lineup complete with Manchester United's rising star striker Marcus Rashford for the second game in the series.

Canadian coach Rob Gale, meanwhile, fielded a young starting 11 that included a 15-year-old, 16-year-old and four 17-year-olds. And he told them to play with

freedom against an English team whose club ties included Chelsea, Everton, Manchester City, Norwich City, Sunderland and Tottenham, as well as the Red Devils. THE CANADIAN PRESS

Mets' Matt Harvey may miss opening day

New York Mets pitcher Matt Harvey has been scratched from his final spring training appearance and could miss his opening day start at Kansas City on Sunday because of an unspecified related medical issue.

THE ASSOCIATED PRESS

Aaron Sanchez joins Jays' starting lineup

MLB

Stroman to start on opening day against Tampa

John Gibbons has settled on right-hander Aaron Sanchez being in the Toronto Blue Jays' starting rotation.

Sanchez's role — be it in the starting rotation or bullpen — was one of the most contentious issues in spring training for Toronto. But Gibbons settled the debate Monday.

"It's exciting for us all," Gibbons said of Sanchez, who beat out Gavin Floyd and Drew Hutchison for the starting job. "We think the sky is the limit for him."

"Who knows how good his career turns out? On one end of it, it's exciting to tell him; and on the other side, it's tough telling the other guys."

Sanchez, 23, has had a solid spring, posting a 1.35 earned-run average over 20 innings. But how long Sanchez remains in the starting rotation remains to be seen as Gibbons would only say Sanchez will open the season there, adding his workload will be monitored and he could return to the bullpen sometime during the year.

Sanchez started 11 games



It's exciting for us all. We think the sky is the limit for him.

John Gibbons



Aaron Sanchez was named the Jays' fifth starter on Monday. CHRIS O'MEARA/THE ASSOCIATED PRESS

last season but did make 30 appearances as a reliever. He threw 92 1/3 innings during the regular season, then 7 1/3 innings in the playoffs.

Marcus Stroman will be Toronto's opening-day starter Sunday at Tampa Bay.

With Sanchez earning a starting role, Floyd will pitch out of the bullpen while Hutchinson, last year's opening day starter, was optioned to Triple-A Buffalo.

In other moves Monday, the Jays claimed catcher/first baseman Jesus Montero from the Seattle Mariners. To clear a roster spot, Toronto designated catcher A.J. Jimenez for assignment.

Montero, 26 appeared in 38 games with Seattle last season, hitting .223 with five home runs

+ JAYS TAKE JESUS MONTERO

The Toronto Blue Jays have claimed catcher/first baseman Jesus Montero off waivers from the Seattle Mariners.

The Blue Jays made the move Monday. Catcher A.J. Jimenez was designated for assignment.

The 26-year-old Montero

hit .223 with five home runs and 19 RBIs in 38 games for Seattle last season. Once a top prospect in the majors with the Yankees, he is a career .253 hitter with 28 homers and 104 RBIs since making his major league debut with New York in 2011. THE ASSOCIATED PRESS

and 19 runs-batted in.

On Sunday, Hutchinson escaped injury in Toronto's 7-3 exhibition win over Tampa Bay. He was struck in the back of the head by Jimenez's throw to second base on an attempted

stolen base. Hutchinson left the game as a precaution but told reporters afterwards he was fine.

He allowed a run and one hit over four-plus innings.

THE CANADIAN PRESS

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RECIPE Lamb Burgers



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

Lamb may seem decadent for a Tuesday night but these burgers will be worth it once you enjoy every cumin spiced bite.

Ready in
Prep time: 20 minutes
Cook time: 15 minutes

Ingredients

- 1 lb ground lamb
- 1/4 cup red onion, finely minced
- 1/4 cup fresh parsley, chopped
- 1 tsp dried oregano (or 2 tsp fresh)
- 1 tsp cumin
- salt and pepper
- mini pitas
- lettuce leaves, washed and torn
- tomatoes, sliced
- tzatziki

Directions

1. In a large bowl, mix lamb, on-

ion, parsley, oregano, cumin and salt and pepper until everything is well combined. Cover and place in the fridge for 10 minutes.

2. Remove from the refrigerator and form the meat into small patties — you should get about 8 or 9 out of the batch. Place them on a clean plate.

3. Heat your grill or pan to medium, medium/high heat and if you're using a pan, add a bit of vegetable oil. Cook your burgers, about 5 minutes on each side until the internal temperature is 160 degrees. You'll need to work in batches, you don't want to overcrowd the pan.

4. Cut each pita in half and tuck in a lamb patty, some lettuce, tomato and a good dollop of tzatziki and serve.

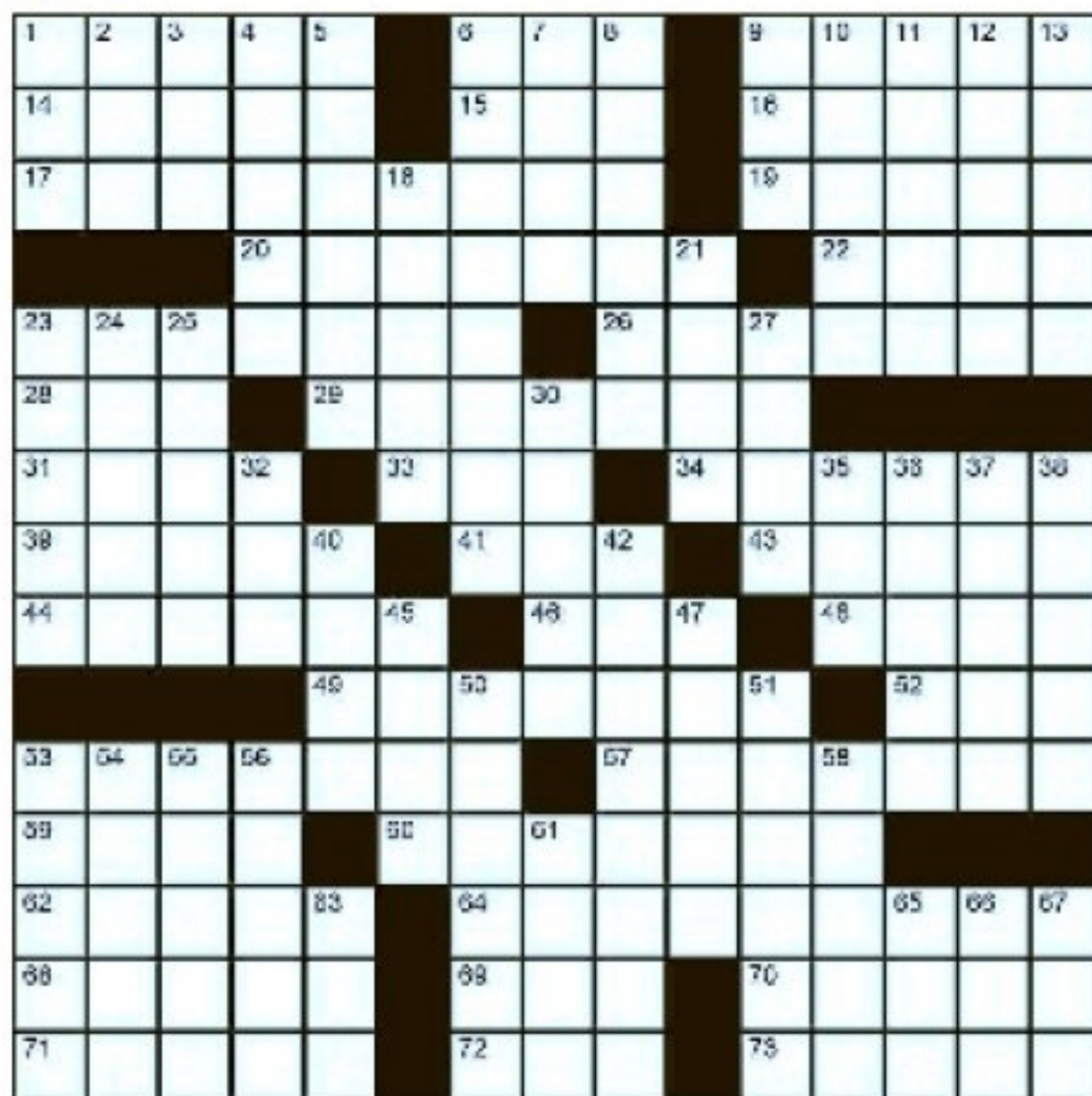
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Canuck music quintet, Canadian
6. Q. " _ _ " what BC's big river starts with?" A. "Indeed, it's called the Fraser."
9. Colorado resort
14. Hokey
15. Pas toi
16. Gleamed
17. As per #8-Down... _ champions (#50-Down this year considering they won at the same event in 2015 in Shanghai)
19. Self-respect
20. Remove from the rough draft: 2 wds.
22. Pre-owned
23. Sunshine-y singer for The Waves
26. Joni Mitchell's "Raised on _"
28. Yalie
29. 1988 Margaret Atwood novel about a painter named Elaine Risley: 2 wds.
31. 'Cook' the cookies
33. Cleave
34. Talk, testy-style: 2 wds.
39. "Witness" (1985) folk
41. Fido
43. 1988: "Wishing Well" by Terence Trent _
44. American city hosting #8-Down
46. " _ la la!"
48. _ earrings
49. Bits of food
52. Abel's mom
53. Menswear item



57. Imagined
59. Beauty brand
60. As per #50-Down... Eric _
62. Hair, like a horse
64. Experiment subject: 2 wds.
68. Rocker Mr. Winter

DOWN

1. Alphabetic trio
2. Caviar

3. Canine's communication!
4. Villain's grin
5. Representative, such as in business transactions
6. Mimicked
7. Mozart aria: "Dove _"
8. March 28th to April

- 3rd... 2016 ISU World _ Skating Championships
9. Naja Haje
10. Bush
11. Grace
12. Bitter- _ (Diehard)
13. Dependent
18. Alice's cat in "Alice in Wonderland" (1951)

21. Mattel products
23. Shish _ (Skewered appetizer)
24. Western starring Canadian actor Glenn Ford, "The Man from the _" (1953)
25. Polynesian amulets
27. Grand _ Ontario
30. Hawk's prey-spotting descent
32. Superlative suffix
35. "Woow!"
36. Preamble
37. Overhead
38. Click clicked on the computer
40. Party thrower
42. Aquarium denizen
45. Depilatory brand
47. Wading bird
50. Canadian pairs team set to compete at #8-Down... _ Duhamel & Eric _ (For Eric's last name, see #60-Across!)
51. Start over from the top of the page
53. One giving titles to books, say
54. Dodge
55. Line dance at a party
56. Prepare the pizza dough
58. Oft-quoted phrase
61. Russian assembly
63. Not wet
65. Hawaiian cuisine staple
66. Entries
67. Fitness facility

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Because you are in a serious frame of mind today, you will want to deal with practical issues. You will not get sidetracked by frivolous matters.

Taurus April 21 - May 21
Any kind of research will go well today because you are determined to get answers and find what you are looking for. This could pertain to shared property or inheritances and such.

Gemini May 22 - June 21
This is an excellent day to sit down with members of groups or a personal friend to make long-range plans for the future. These plans might include your partner.

Cancer June 22 - July 23
You will impress bosses and people in authority today because you have a serious attitude. You want practical results now and in the long-term future.

Leo July 24 - Aug. 23
Make future travel plans today because you will cover every detail. This is a good day to explore avenues in publishing, higher education, medicine and the law.

Virgo Aug. 24 - Sept. 23
This is an excellent day to deal with red-tape issues regarding inheritances, taxes, debt and shared property. You won't overlook details, because you're on your game!

Libra Sept. 24 - Oct. 23
Serious discussions with partners and close friends will take place today. However, it will be a good thing because you will cover a lot of ground and get a lot done.

Scorpio Oct. 24 - Nov. 22
Choose today to tackle routine work you might have been avoiding. Your powers of concentration are excellent, and you will be detail-oriented. Just get it done.

Sagittarius Nov. 23 - Dec. 21
Romantic partners can discuss how to share expenses and deal with the division of labour in a relationship. Others will address the care and education of children.

Capricorn Dec. 22 - Jan. 20
It's a good day to think about home repairs or what needs to be done to fix broken items at home. You want solid solutions for practical problems.

Aquarius Jan. 21 - Feb. 19
This is an excellent day for any kind of long-range planning, because you are in a practical frame of mind plus you are looking ahead to the future.

Pisces Feb. 20 - March 20
If shopping today, you will want to buy only practical, long-lasting items. No ostrich boas for you!

CONCEPTIS SUDOKU by Dave Green

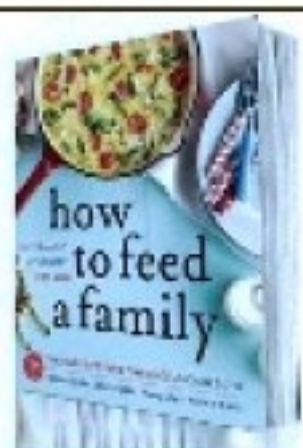
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